

ABSTRACT

The present invention provides a novel fermented food obtainable by fermenting sprouted brown rice, or sprouted brown rice and soybeans, with a Rhizopus mold. Like the conventional tempeh (soybean tempeh), the fermented food of the present invention does not have a strong smell or stickiness, and it retains its cake-like shape even when sliced. In addition to these properties, the fermented food of the invention has nutrients and a fine taste which the conventional tempeh does not have. Therefore, the fermented food of the invention is very useful as a novel food.